

Hng Kong Youth (Boys & Girls) Basketball Training Scheme 2026

Training Schedule 訓練時間表

組別	班別	場地	日期	星期	時間
男子 14-16歲組別 Boys U16	MJ 3	車公廟體育館 Che Kung Temple Sports Centre	2,9,16,23,30/5/2026 6,13/6/2026	Sat	7pm-9pm
			#10/7/2026	#Fri	8pm-10pm
		源禾路體育館 Yuen Wo Road Sports Centre	3,10,17,24/6/2026	Wed	7pm-9pm
男子 17-19歲組別 Boys U19	MS 5	界限街一號體育館 Boundary Street Sports Centre No. 1	28/4/2026 5,12,19,26/5/2026 2,9,16,23,30/6/2026 7,14/7/2026	Tue	6pm-8pm
	MS 6	車公廟體育館 Che Kung Temple Sports Centre	4, *6, ^8, ^15, ^22, ^29/5/2026 ^5, ^12, ^26/6/2026 ^3,13,15/7/2026	Mon,*Wed,^Fri	8pm-10pm
女子 14-19歲組別 Girls U19	FS 3	界限街一號體育館 Boundary Street Sports Centre No. 1	1,8,15,22,29/5/2026 5,12,19,26/6/2026 3,10,17/7/2026	Fri	6pm-8pm